Research for stroke project

-Stroke- A stroke is the sudden death of brain cells in a localized area due to inadequate blood flow.

-Description: A stroke occurs when blood flow is interrupted to part of the brain. Without blood to supply oxygen and nutrients and to remove waste products, brain cells quickly begin to die. Depending on the part of the brain affected a stroke can cause paralysis, speech impairment, loss of memory and reasoning ability, coma, or death. A stroke can also be called a brain attack or a cerebrovascular accident.

-History: Hippocrates, the father of medicine, first recognized stroke over 2,400 years ago. At this time stroke was called apoplexy, which means struck down by violence in Greek. Doctors had little knowledge of the anatomy and function of the brain, the cause of stroke, or how to treat it. It was not until the mid-1600s that Jacob Wepfer found that patients who died with apoplexy had bleeding in the brain.

Trouble with walking. You may stumble or experience sudden dizziness, loss of balance or loss of coordination.

Trouble with speaking and understanding. You may experience confusion. You may slur your words or be unable to find the right words to explain what is happening to you (aphasia). Try to repeat a simple sentence. If you can't, you may be having a stroke.

Paralysis or numbness on one side of your body or face. You may develop sudden numbness, weakness or paralysis on one side of your body. Try to raise both your arms over your head at the same time. If one arm begins to fall, you may be having a stroke. Similarly, one side of your mouth may droop when you try to smile.

Trouble with seeing in one or both eyes. You may suddenly have blurred or blackened vision, or you may see double.

Headache. A sudden, severe "bolt out of the blue" headache, which may be accompanied by vomiting, dizziness or altered consciousness, may indicate you're having a stroke.

Anyone can have a stroke no matter your age, race or gender. But, the chances of having a stroke increase if a person has certain risk factors, or criteria that can cause a stroke. The good news is that up to 80 percent of strokes can be prevented, and the best way to protect yourself and loved ones from stroke is to understand personal risk and how to manage it.

There are 2 types of risk factors for stroke: controllable and uncontrollable. Controllable risk factors generally fall into two categories: lifestyle risk factors or medical risk factors. Lifestyle risk factors can often be changed, while medical risk factors can usually be treated. Both types can be managed best by working with a doctor, who can prescribe medications and advise on how to adopt a healthy lifestyle. Uncontrollable risk factors include being over age 55, being male, being African American, Hispanic or Asian/Pacific Islander, or having a family history of stroke or transient ischemic attack (TIA).

Controllable Risk Factors:

High Blood Pressure Atrial Fibrillation High Cholesterol Diabetes Atherosclerosis Circulation Problems Tobacco Use and Smoking Alcohol Use Physical Inactivity Obesity

Uncontrollable Risk Factors:Age Gender Race Family History Previous Stroke or TIA Fibromuscular Dysplasia Patent Foramen Ovale (PFO or Hole in the Heart)